Stay well this flu season

it's as easy as 1, 2, 3

Get vaccinated!

To protect yourself and your loved ones, it is recommended everyone 6 months of age and older receive a flu vaccine.

Use good hand hygiene!

Wash your hands with soap and water for 20 seconds or use hand sanitizer: before eating or before/after touching your face, after using the toilet, and often during the day.

Take care of your body!

Get plenty of sleep, eat healthy, drink lots of water, be tobacco free, and exercise regularly.

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health